

有人聽經，坐這兒一陣子，就想：「哦！這麼長的時間，還講呢。」或者說：「講得這麼短的時間，長一點就好了。」為什麼你不能接受佛法的潤澤呢？就因為盡打這種妄想，把這個法都進不去了，不能入你心。

——摘自宣公上人《華嚴經淺釋》十定品第二十七

You have been listening to a lecture on the Sutra. You have been sitting for a while, and have started to think, "It has been such a long time. Why is this lecture still going on?" Or perhaps you have been thinking, "Why is this lecture so short? It would be better if it continued longer." Because you have these kinds of extraneous thoughts, you can not focus on the lecture and the Dharma has not been able to enter your heart.

——An excerpt from Venerable Master Hsuan Hua's Commentary on Chapter Twenty Seven, The Ten Samadhis, of the Avatamsaka Sutra

